

Core Competencies	Possible Resources	Start Date	Proposed Completion Date	Methodology/Source	Hours Required to learn material
1-WIC Program	Civil Rights; What is WIC?	Week 1	6 weeks	What is WIC and Civil Rights LMS courses; Individual instruction by Lead Trainer or designee and hands-on practice	
2-Nutrition Assessment and Certification Process	Intro to WIC (What is WIC + What is AIM); WIC Works	Week 1	6 weeks	What is WIC and What is AIM LMS courses	
3-Anthropometric and Hematological Collection	Anthro. Lab Manual/ Local Agency or State Training	Week 4	6 weeks	Scheduled with State trainer and in-services and/or mentorship by Lead Trainer	
4-AIM processes	What is AIM?	Week 1	6 weeks	What is AIM LMS course and individual mentorship	
5-Basic Nutrition	CAC, RD inservices		2 of competencies #5-11 completed in 6months from hire.	Monthly in-services by Lead Trainer; Nutrition 104 CAC course scheduled in FY2009; WIC Works Learning Online Modules; Online AZ WIC Training Manual	
6-Nutrition During the Life Cycle	CAC, RD inservices		“	Monthly in-services by Lead Trainer; WIC Works Learning Online Modules; Online AZ WIC Training Manual.	
7-Infant Nutrition	CAC, WIC Works, or RD inservices		“	Monthly in-services by Lead Trainer; WIC Works Learning Online Modules; Online AZ WIC Training Manual.	
8-Maternal Nutrition	CAC, WIC Works, or RD inservices		“	Monthly in-services by Lead Trainer; WIC Works Learning Online Modules; Online AZ WIC Training Manual.	
9-Postpartum Nutrition	CAC, RD inservices		“	Monthly in-services by Lead Trainer; WIC Works Learning Online Modules; Online AZ WIC Training Manual; and CBC course	
10-Breastfeeding	CBC, WIC Works-Learning Online, CAC		“	Monthly in-services by Lead Trainer; WIC Works Learning Online Modules; Online AZ WIC Training Manual.	
11-Child Nutrition	Healthy Weight for Kids, CAC, WIC Works-Learning Online		“	Individual instruction by Lead Trainer	
12-Dietary Assessment or Questionnaire	WIC Works-Learning Online	Week 1	6 weeks	Orientation Individual instruction by Lead Trainer	

				Healthstream Online Classes National Curriculum & Training Institute, Inc	
13-Customer Service	Healthstream https://healthstream.com/HLC/mphc , Real Colors Real Clients; WIC Works- Learning Online; ADHS- DVD	Week 1	End of month 2	Individual instruction by Lead Trainer WIC Works Learning Online Modules	
14-Communication and Rapport Building	WIC Works— Learning online	Month 2	Month 6	Individual instruction by Lead Trainer on Nutrition Questionnaires, BIV reports, and growth charts. State VENA Classes	
15-Critical Thinking	WIC Works- Learning Online			Individual instruction by Lead Trainer; Monthly meeting lesson and activities; WIC Works Learning Online Modules State VENA Classes	
16-Motivational Interviewing	WIC Works- Learning Online; ADHS-DVD	Week 1	Month 6	Orientation; Online training; WIC Works Learning Online Modules	
17-Multicultural Awareness	Healthstream https://healthstream.com/HLC/mphc ; WIC Works- Learning Online	Month 2	Month 6	Individual instruction by Lead Trainer; WIC Works Learning Online Modules Monthly meeting lesson and activities	
18-Facilitating Group Discussion	ADHS - DVD				
19- Touching Hearts-Touching Minds Nut. Ed. Trainings	ADHS-DVD			What is WIC and What is AIM LMS courses	
20- Missed Trainings	Any ADHS- DVD's			Scheduled with State trainer and in-services and/or mentorship by Lead Trainer	

